

Fond du Lac County Senior Dining Program Menu 2 Dates: Sept 28th to October 30th, 2009

<u>Mon. Sept. 28th</u> Roast Pork Loin Gravy Whipped Potatoes Baby Whole Carrots Pickled Beet Salad Lazy Daisy Cake Rye Bread	<u>Tues. Sept. 29th</u> BBQ Chicken Backwoods Potatoes Spinach Lime Cottage Cheese Salad Blueberry Torte Wheat Bread	<u>Wed. Sept. 30th</u> Baked Ham w/ Pineapple Sauce Scalloped Potatoes Wax Beans Tropical Salad Molasses Cookie Russian Rye	<u>Thurs. October 1st</u> Beef Tips over Noodles Rivera Blend Veg Tossed Salad w/ French dressing Ice Cream Poppy Seed Muffin	<u>Fri. October 2nd</u> Tender Beef Steaks In Mushroom Gravy Baked Potatoes Sour Cream/ Marg. Wisconsin Blend Veg. Pea and Cheese Salad Fresh Fruit White Bread
<u>Mon. October 5th</u> Ring Bologna Ketchup / Mustard German Potato Salad Red Cabbage Cucumber Salad Cherry Crisp Dinner Roll	<u>Tues. October 6th</u> Pork Chop Suey Over Rice Soy Sauce Oriental Blend Veg. Purple Plums Banana Cake Wheat Bread	<u>Wed. October 7th</u> Meatloaf w/ Ketchup Au Gratin Potatoes Cream Style Corn Apple Rings Sherbet WW Roll	<u>Thurs. October 8th</u> Southern Fried Chicken Whipped Potatoes Gravy Winter Blend Veg. Under the Sea Salad Peanut Butter Cookie White Bread	<u>Fri. October 9th</u> Mac and Cheese Tomatoes & Zucchini Sunshine Salad Butterscotch Pudding Sour Dough Bread
<u>Mon. October 12th</u> Swiss Steak Mashed Potatoes Gravy Country Blend Veg Mandarin Oranges Lemon Bars White Bread	<u>Tues. October 13th</u> Roast Turkey Bread Dressing Gravy Squash Cranberry Sauce Pumpkin Bar Wheat Bread	<u>Wed. October 14th</u> Spaghetti and Meat sauce Italian Green Beans Tossed Salad with Italian Dressing Prune Cake Vienna Bread Parmesan Cheese	<u>Thurs. October 15th</u> Pork Chops Dumplings Gravy Brussels Sprouts Chilled Pears Hunters Pudding Rye Bread	<u>Fri. October 16th</u> Baked Fish O'Brien Potatoes Broccoli Tartar Sauce Creamy Coleslaw Ice Cream Marble Rye
<u>Mon. October 19th</u> Herb Chicken Red Jacket Potatoes Margarine Asparagus Peaches Carrot Cake with Cream Cheese Frst Sour Dough Bread	<u>Tues. October 20th</u> Chili Mac Cheese Slice Crackers Winter Blend Veg Mixed Fruit Salad Ranger Cookie Corn Bread Muffin	<u>Wed. October 21st</u> Salisbury Steak Mashed Potatoes Gravy Spinach Ambrosia Salad Strawberry Shortcake Wheat Bread	<u>Thurs. October 22nd</u> BBQ Ribs Boiled Potatoes Margarine Peas Macaroni Salad Pineapple Upside Down Cake Light Rye Bread	<u>Fri. October 23rd</u> Baked Liver Whipped Potatoes Gravy French Cut Green Beans Fruit Cocktail Oatmeal Raisin Cookie Dinner Roll
<u>Mon. October 26th</u> Swedish Meatballs Over Rice WK Corn Tomato/Onion salad Ice Cream Wheat Bread	<u>Tues. October 27th</u> Ham loaf Yams Stewed Tomatoes Pineapple Tidbits German Apple Cake Vienna Bread	<u>Wed. October 28th</u> Beef Stew Dumpling in Gravy Garden Blend Veg Tossed Salad w/ 1000 Island Drsg Tapioca Pudding Dinner Rolls	<u>Thurs. October 29th</u> Pork Steaks In Gravy Whipped Potatoes Mixed Vegetable Copper Penny Salad Fresh Fruit Wheat Bread	<u>Fri. October 30th</u> Roast Beef Gravy Mashed Potatoes Capri Blend Veg Fruit for Salad Birthday Cake Wheat Bread

**Menus are subject to change*

**2% Milk, and Margarine*

Served with all congregate meals

Esther Mukand-Cerro, R.D., C.D.
Alyson Koehn, FSD